You can prevent a
Listeria infection by
avoiding certain highrisk foods and by
handling food carefully

How to prevent a Listeria infection

- Do not eat foods most likely to be contaminated with Listeria (a list of common foods is inside)
- Heat food until steaming hot
- Keep uncooked meats separate from vegetables and ready-to-eat foods
- Use separate cutting boards, knives and containers for uncooked meats, vegetables and ready-toeat foods.
- Wash hands, knives and cutting boards after handling uncooked foods, deli meats and hot dogs.

For more information on Listeria:

- Talk to your health care provider
- Call Public Health at 206-296-4774
- Visit these web pages:
- www.kingcounty.gov/healthservices/ health/communicable/diseases/listeriosis
- www.cdc.gov/ncidod/dmbd/ diseaseinfo/listeriosis_g_span.htm

Information endorsed by:

Midwives' Association of Washington State



Washington Academy of Family Physicians

Infectious Disease Society of Washington



Washington Chapter of the American Academy of Pediatrics

HEALTH OF ALL CHILDRE



Certain foods can harm pregnant women & their newborns





Listeria infection is a serious illness caused by eating food contaminated with the Listeria bacteria

Listeria is a bacteria that can contaminate food

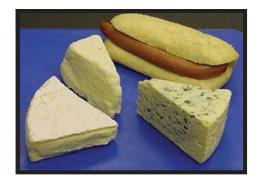
How do you get infected with Listeria?

- By eating foods contaminated with Listeria during or after the production process.
- Babies can be born with a Listeria infection if their mothers eat contaminated food during pregnancy.

Why is a Listeria infection so dangerous?

- Early in pregnancy, a Listeria infection can cause a miscarriage.
- Later in pregnancy, a Listeria infection can cause a baby to be born prematurely.
- After birth, Listeria can cause serious infection or death in a newborn.

Food and drinks contaminated with Listeria can look and smell normal



Foods most likely to have Listeria

- Soft cheeses such as brie, feta, blue-veined cheeses or Mexican style soft cheeses - like queso fresco. (Hard and processed cheeses such as slices, spreads, cream cheese, cottage cheese and yogurt are not high risk.)
- Raw, unpasteurized milk
- Hot dogs, unless they are cooked to steaming hot
- Lunch meats or cold cuts, unless they are cooked to steaming hot
- Pates or meat spreads, unless they are canned
- Smoked seafood from the refrigerator case, unless it is cooked before eating

What are the symptoms of a Listeria infection?

- Fever, muscle aches and sometimes nausea or diarrhea in adults
- Headache, stiff neck, confusion, loss of balance or convulsions can occur
- Infected pregnant women often experience only a mild, flu-like illness
- Newborns can develop symptoms of serious blood infection or meningitis



Pregnant women are 20 times more likely than other healthy adults to get a Listeria infection